



HEADQUARTERS
TRAVIS COMPOSITE SQUADRON 22-CIVIL AIR PATROL
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PHYSICAL FITNESS

A cadet's level of physical fitness has direct impact on his/her ability to meet all aspects of the cadet program. The many activities and missions of CAP that may involve cadets emphasize the importance physical fitness plays. Therefore, Physical fitness is an important part of your development as a CAP cadet while you are a member of Travis Composite Squadron 22. You are expected to maintain an acceptable standard of fitness, which is only one component of total fitness. Some others include weight control, diet and nutrition, as well as the avoidance of substance abuse and tobacco use.

The physical fitness requirements include successfully completing the Cadet Physical Fitness Test (CPFT) as outlined in CAPR 52-18. Cadets will need to pass the CPFT for every achievement.

Cadet Physical Fitness Test (CPFT)

This is the current way we measure how physically "fit" you are, which replaced the old one mile run requirement. This test consists of a series of exercises designed to measure your performance in three key areas:

- Flexibility as measured by the sit-and-reach
- Strength as measured by the sit-ups
- Endurance as measured by the one mile run

Each event is worth a maximum of 100 points, for a total possible score of 300. The point score requirement varies for each cadet grade you wish to promote to:

C/Amn:	90 points	C/2 ^d Lt:	186 points
C/A1C:	96 points	C/1 st Lt:	201 points
C/SrA:	111 points	C/Capt:	231 points
C/SSgt:	126 points	C/Maj:	261 points
C/TSgt:	141 points	C/Lt Col:	291 points
C/MSgt:	156 points	C/Col:	300 points
C/SMSgt:	171 points	C/CMSgt:	178 points

Point values for performance in each event are covered in CAPR 52-18, as well as on the back of the CPFT score sheet in each cadet's file. In general, you should strive for the best flexibility, sit-up performance, and lowest one-mile run times as possible in preparation for future promotion opportunities. You will have the opportunity to perform the Cadet Physical Fitness Test once each month as part of a regularly scheduled squadron meeting night. If you can't attend the scheduled CPFT but need it for promotion before the next squadron event, you may be able to complete the event in the presence of a school physical education teacher or coach and have them sign off on the certification. Before you do this, however, you must gain approval from the Deputy Commander of Cadets (DCC) with a valid reason why you were unable to attend the scheduled squadron session.